



IS LOCALLY GROWN FOOD SUSTAINABLE?

Science says yes.

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Research suggests that:

Local food doesn't have to travel as far to arrive on your plate.

Thus, reducing greenhouse gas emissions and contributing to improve our carbon footprint. (Bareja-Wawryszak & Golebiewski 2014).

More local farmers use certified organic practices.

Meaning less synthetic pesticides and chemicals that pollute our soil and water. Organic fertilizers also ensure that plants get more nutrients, which means more food for us (Schwarz et. al., 2016).

Level of food production	Distance Traveled (km)	CO2 Emission
Belgian Asparagus (Local Production)	-	0.03
Peruvian asparagus (Global Production)	1000	11.12

Figure 1. Distance traveled for asparagus and distributed in Belgium and the CO2 emission that is associated with the food source. The local asparagus has a much lower CO2 emission than the global asparagus (Schwarz et. al., 2016)

Less food is wasted along the supply chain.

Short transportation distance reduces the amount of food that goes bad and must be thrown out.

You are supporting your local farm and community.

The money that you pay for the local food stays in the community and farmers receive most of the profit.

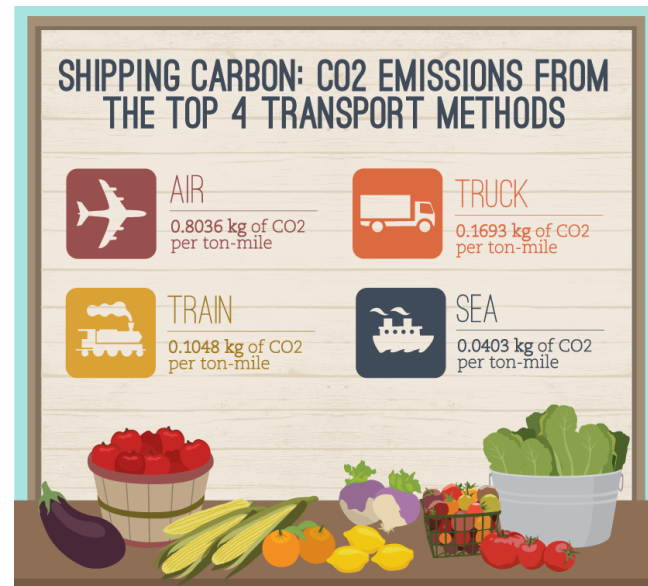
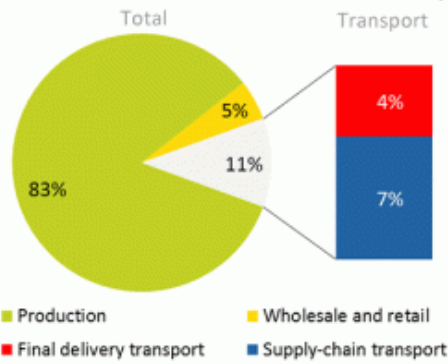


Figure 2. Carbon emission by mode of transportation (Moore, 2015)

Food Emissions Breakdown (%)



Source: Weber and Matthews 2008



Eat local food, support your local farmer and help save the environment.

References:

Bareja-Wawryszak O, Golebiewski J. Economical, Environmental And Social Significance Of Local Food Systems. Review of Agricultural and Applied Economics. 2014;17(02):74-77. doi:10.15414/raae.2014.17.02.74-77

Schwarz J, Schuster M, Annaert B, Maertens M, Mathijs E. Sustainability of global and local food value chains. An empirical comparison of Peruvian and Belgian asparagus. 2016 [accessed 2018 Nov 1]. <https://ageconsearch.umn.edu/record/232594?ln=en>

Moore, Andrea. "Don't Shop At Chain Stores, Buy Local." *Fix.com*, 21 Apr. 2015, www.fix.com/blog/buying-local/.